

Thursday

Turkey Meatball Soup with Greens
Quick Hummus And Vegetable Stuffed Pitas
Milk, fluid, nonfat, calcium fortified (fat free or skim)
Pears, raw, bartlett

Servings: 6

Serving size: 1/6 of a menu.

Amount Per Serving	
Calories	681.88
Calories From Fat (23%)	157.54
% Daily Value	
Total Fat 18.26g	28%
Saturated Fat 3.97g	20%
Cholesterol 76.76mg	26%
Sodium 2176.01mg	91%
Potassium 2038.57mg	58%
Total Carbohydrates 91.28g	30%
Fiber 14.83g	59%
Sugar 31.68g	
Protein 44.12g	88%

Turkey Meatball Soup with Greens

We like the tenderness of lacinato kale, but you can substitute other varieties in this soup.

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|-------|--------------------------------------------------------------|--------|-----------------------------------------------|
| 1 lb | ground turkey breast | 4 tsp | extra-virgin olive oil, divided |
| ½ cup | cooked quinoa | ½ cup | chopped shallots |
| 2 oz | Parmigiano-Reggiano cheese, grated and divided (about ½ cup) | ½ cup | chopped celery |
| 2 Tbs | chopped fresh flat-leaf parsley | 8 cups | trimmed chopped lacinato kale (about 1 pound) |
| 2 Tbs | chopped fresh basil | ¼ tsp | crushed red pepper |
| ¾ tsp | kosher salt, divided | 5 cups | unsalted chicken stock (such as Swanson) |
| ½ tsp | freshly ground black pepper, divided | | Lemon wedges (optional) |
| 6 | garlic cloves, minced and divided | | |
| 1 | large egg, lightly beaten | | |

- Combine turkey, quinoa, ¼ cup cheese, parsley, basil, ¼ teaspoon salt, ¼ teaspoon black pepper, 2 garlic cloves, and egg in a large bowl; mix gently just until combined. Working with damp hands, shape turkey mixture into 24 meatballs (about 2 tablespoons each).
- Heat a large Dutch oven over medium-high heat. Add 1 teaspoon oil to pan; swirl to coat. Add 12 meatballs; cook 8 minutes, turning to brown on all sides. Remove from pan. Repeat procedure with 1 teaspoon oil and remaining 12 meatballs. Add remaining 2 teaspoons oil to pan; swirl to coat. Add shallots and celery to pan; sauté 5 minutes. Add remaining 4 garlic cloves; sauté 1 minute. Add kale, remaining ½ teaspoon salt, remaining ¼ teaspoon black pepper, and red pepper; cook 2 minutes, stirring occasionally. Add stock; bring to a boil. Return meatballs to pan. Reduce heat; simmer 10 minutes or until kale is tender and meatballs are done. Ladle 1 ⅓ cups soup into each of 6 bowls; divide remaining cheese evenly among bowls. Serve with lemon, if desired.

Servings: 6

Nutrition Facts

Serving size: ⅙ of a recipe (15.5 ounces).
Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.
Nutrition information calculated from recipe ingredients.

Amount Per Serving	
Calories	270.95
Calories From Fat (29%)	77.34
% Daily Value	
Total Fat 8.72g	13%
Saturated Fat 2.38g	12%
Cholesterol 71.82mg	24%
Sodium 1600.6mg	67%
Potassium 1044.7mg	30%
Total Carbohydrates 25.46g	8%
Fiber 2.15g	9%
Sugar 4.65g	
Protein 25.1g	50%

Source

Source: Cooking Light

Quick Hummus And Vegetable Stuffed Pitas

In this kid-friendly recipe, egg salad can be used instead of hummus, if you like.

6	whole wheat pita bread, halved	3 cups	assorted raw vegetables such as halved cherry tomatoes, shredded carrots, sliced cucumbers or avocados
2 cups	hummus		
2 cups	lightly packed shredded lettuce or baby spinach		

Spread a half cup of the hummus inside each pita half then fill with lettuce and vegetables and serve.

Servings: 6

Nutrition Facts

Serving size: $\frac{1}{6}$ of a recipe (7.3 ounces).

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving	
Calories	228.72
Calories From Fat (32%)	73.96
% Daily Value	
Total Fat 8.85g	14%
Saturated Fat 1.3g	7%
Cholesterol 0mg	0%
Sodium 445.45mg	19%
Potassium 430.33mg	12%
Total Carbohydrates 31.03g	10%
Fiber 7.97g	32%
Sugar 0.32g	
Protein 10.03g	20%

Source

Source: Whole Foods Market